



## Welcome to the Woolcock Paediatric Sleep Clinic

The Woolcock Institute of Medical Research is home to Australia's only interdisciplinary Paediatric and Adolescent Sleep Service which addresses and manages all sleep disorders in children and teenagers.



**The Woolcock Institute of Medical Research  
is a not-for-profit organisation**

If you are interested in further information about becoming involved in our research studies or making a donation, please visit our website [www.woolcock.org.au](http://www.woolcock.org.au).

Your contribution will make a difference.

Thank you for your support.

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# Paediatric Sleep Studies - what to expect



**WOOLCOCK**   
LEADERS IN BREATHING & SLEEP RESEARCH

## WHY IS MY CHILD HAVING A SLEEP STUDY?

Your doctor has referred your child to have a sleep study as this is the best way to diagnose a number of conditions that occur during sleep.

Good sleep is vital for healthy growth and development in infants and children. Children who develop sleep problems are prone to mood disorders, anti-social behaviour, growth delays and learning problems. Most sleep problems can be treated and either cured or managed by a doctor or sleep specialist.

## ABOUT THE SLEEP STUDY

- A sleep study involves a child staying overnight in the sleep laboratory
- One parent or carer must stay with the child
- Admission time is 6pm and discharge time 6am
- The equipment setup procedure takes 40 minutes to 1 hour
- The sleep study will commence 8pm-9pm
- Night staff will wake your child to remove equipment after 5am

You can rest assured that the Woolcock Paediatric Sleep Clinic's experienced staff will take care of you and your child.

## WHAT DOES THE PROCEDURE INVOLVE?

Once you are settled in, the night technician will connect a number of small sensors to your child's head, chest and legs so that they can measure their brain wave activity, heart rate, breathing patterns, leg movements, and the amount of oxygen in their blood.

All measurements are done in a non-invasive manner. None of the measurements are painful – however, some may be a little uncomfortable. A clip

will be placed on their finger to measure the oxygen level in the blood, and soft, stretchy belts will be placed around their chest and abdomen to measure breathing effort.

**Please note:** Children undergo careful surveillance and monitoring throughout their sleep study.

Should your child need to use the bathroom facilities overnight, they are able to be disconnected from the monitoring equipment.

## PREPARING FOR YOUR CHILD'S STAY

You can bring the following to assist in preparing for your child's sleep study:

- Cotton pyjamas (please avoid polyester and satin materials)
- Bring your child's favourite pillow, blanket, cuddly toys and books
- Bring toiletries for yourself and your child including a hairbrush if your child has long hair. You can also bring shampoo/conditioner to remove paste after the sleep study
- If your child is taking any prescribed medications, continue to give them unless your doctor advises otherwise. Remember to bring them with you
- Bring Medicare and Health Insurance cards



## ON THE DAY

- Keep your child to their normal routine prior to coming in for their sleep study
- It's better not to wash your child's hair as this makes it slippery when applying scalp sensors
- Please remove any nail polish as this can interfere with monitoring
- Eat dinner before your arrival or bring snacks as no food is provided
- A fridge, microwave and tea and coffee facilities are available in the patient lounge

Good sleep is vital for healthy growth and development. Our paediatric sleep experts diagnose, treat or manage all sleep issues.

## WHAT IF MY CHILD GETS SICK BEFORE THE STUDY?

If your child becomes unwell in the 48 hours prior to their scheduled sleep study you may wish to reschedule it for a later date. This particularly applies if your child has an upper respiratory tract infection or active tonsillitis which may affect the study results. We cannot perform a sleep study if your child has a fever.

We ask that you provide at least two working days' notice if you need to cancel or change your appointment time – this will enable a person on the waiting list to be contacted for testing. If adequate notice is not provided, you will be charged a cancellation fee. This fee is not covered by Medicare and is therefore an out-of-pocket expense.

Our team aims to make your stay with us as comfortable as possible. We offer private, comfortable rooms with modern facilities including TV and Wi-Fi.

To find out more go to [www.woolcock.org.au/clinic](http://www.woolcock.org.au/clinic).